

Fibromyalgia: Fitting The Pieces Together

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World Health Organization States:

Chronic pain is one of the most underestimated health care problems in the world today, causing major consequences for the quality of life of the sufferer and a major burden on the health care system in the Western world."

The consequences of unrelieved pain are great.

IMAGINE...

- Having the flu
- Not sleeping for a week
- Hurting all over
- Your brain is foggy
- The fatigue an athlete experiences after running a marathon
- ☹ Poor memory/vocabulary recall

“When FM patients say they hurt, they really do hurt”

Fibromyalgia

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graph TD; A[Fibromyalgia] --- B["volume control"]; A --- C[genetics]; A --- D[Environmental stimuli]
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“volume control”

genetics

Environmental stimuli

Stimuli...

- Childhood illness
- Multiple operations
- ✓ Unmanageable stress
- Trauma
- Migraines
- TMJ
- ✓ Post traumatic stress
- ✓ Infections
- Systemic inflammation

Fibromyalgia is one of the most common chronic widespread pain conditions.

- *second most common rheumatologic disorder following osteoarthritis

- *number one cause of severe, generalized, muscle pain even when back pain is included on the list.

Affects between 40 million people worldwide.

U.S.-10 million people

- *Global issue**

Demographics

- 90% women, 5% males, 5% children
- 13-50 years old
- 60% college educated
- ❖ 52% average income of over \$50,000 a year
- ❖ 85% have applied for Social Security Benefits
- ❖ 74% are unable to work full time due to pain
- ❖ Cost to society
drains resources from employers and the U.S. economy

Fibromyalgia is usually accompanied by:

Fatigue, mental fog (fibro-fog), anxiety, morning stiffness, sleep disorders, anxiety...

The condition has about 60 recognized symptoms, which can vary from person to person both in number and in severity.

Treatment Approach

- Education
- Pharmacologic therapy-medication
- Stretching
- Aerobic exercise
- Hypnotherapy
- Biofeedback
- Acupuncture
- Cognitive behavioral therapy
- Trigger point injections

Self Management Techniques

- Weekly/ by monthly massage
- Deep friction/structural massage
- Warm water aerobics
- Meditation
- Bio-feedback
- Delegate...ask other for help
- Don't be afraid to say, "NO"

Challenges patients face

- Struggling to retain pre-pain identity
- Negative impacts on relationships
- Other people not accepting their illness
- ❖ Many believing pain is "all in your head"
- ❖ Finding physicians that believe in the illness and listen to them

- Once patients have consulted a physician it takes an average of 1.9 to 2.7 years to get a diagnosis
- Patients see between 5 and 7 physicians to receive an accurate diagnosis

WHY

Physicians reported significant difficulties diagnosing FM

Physicians are not confident in recognizing the symptoms of FM or differentiating symptoms of FM from other conditions

In the US and other countries the condition is often or almost always misdiagnosed

WHY

Physicians lack training and education needed to properly manage these patients.

Documentary

Fibromyalgia: Fitting The Pieces Together

70 minute/13 track/CME Credits

Next steps....

Fibromyalgia information-P&SM Website

Summit on Fibromyalgia- October 2008

Walk for Fibromyalgia Awareness-Lansing, May 2009

Initiate a resolution to establish the Michigan Fibromyalgia Awareness Program-end of 2008



Is there a cure...

What is the prognosis...

Who should I see...